

## Outcome distribution by region (grid-render-v1)

Variable	Name of Exposure	Categories	Goal Name	Criteria	Classification measure	Standard error	Remarks	Column
Workout Schedule	Exercise Type	Cardio; Strength Training; Flexibility	Fitness Improvement	Completion of at least 3 sessions per week	Number of sessions completed	0.02	Ensure variety for balanced fitness	A
Workout Schedule	Workout Duration	<30 min; 30-60 min; >60 min	Time Management	Adherence to scheduled duration	Average session duration	0.05	Adjust based on energy levels	B
Workout Schedule	Intensity Level	Low; Moderate; High	Progress Tracking	Perceived exertion scale (RPE)	Average RPE	0.10	Gradually increase intensity	C
Diet	Caloric Intake	<1500; 1500-2000; >2000	Weight Management	Daily calorie tracking	Average daily caloric intake	0.08	Adjust based on activity level	D
Diet	Macronutrient Ratio	High Carb; Balanced; High Protein	Body Composition	Ratio of carbs, proteins, and fats	Average macronutrient percentage	0.03	Consult nutritionist for personalized plan	E
Sleep Schedule	Sleep Duration	<6 hrs; 6-8 hrs; >8 hrs	Rest & Recovery	Sleep tracking device	Average sleep duration	0.15	Aim for consistent sleep schedule	F

Sleep S chedule	Sleep Quality	Poor; Fair; Good	Mental Well- being	Sleep quality rating	Averag e sleep quality rating	0.07	Addres s sleep disrupti ons if n ecessar y	G
Stress Manage ment	Stress Level	Low; M oderate ; High	Mental Health	Stress scale	Averag e stress level	0.12	Implem ent stress r eductio n techni ques	H